



FOND DU LAC HIGH SCHOOL CROSS COUNTRY



Fond du Lac Cross Country FVA Conference Champions: 1989, 1995, 1996, 1997, 2008, 2011
 State Qualifying Teams: 1978, 1982, 1986, 1988, 1989, 1990, 1991, 1993, 1994, 1995, 1996, 2002, 2003, 2007, 2008, 2009, 2010
“All it takes is all you got!”

Running Goals

“The only thing worse than being blind is having sight but no vision.” Helen Keller

Training Reflection “Strengths”	<ul style="list-style-type: none"> ■ Base Mileage - I can comfortably run double my race distance with a progressive mentality. This allows me run a race-not just finish a race. ■ vVo2 Max- My minimal running velocity allows me to reach a race speed that meets my goals ■ tlimvVo2 Max- The maximal amount of time I can sustain my vVo2 max allows me to reach a race pace that meets my race goals ■ Leg Speed (Anaerobic)- My leg speed allows me get out in good position in the beginning of a race and allows me to finish with a strong kick. ■ Strength- My core strength helps my balance, technique, and posture remain strong throughout a race. ■ Mindset- My positive outlooks allows to me to persevere and work toward by goals.
Training Reflection “Goals”	<ul style="list-style-type: none"> ■ Base Mileage - I need to implement longer runs in my weekly workout plan. ■ vVo2 Max- I need more short interval work. ■ tlimvVo2 Max- I need longer interval / tempo work with less recovery. ■ Leg Speed (Anaerobic)- I need more stride workouts and hill work. ■ Strength- I need more weight, circuit, and/ or abdominal training. ■ Mindset- I need more goal setting, meditation, and/or guided imagery
Season Vision	<ul style="list-style-type: none"> ■ Commitment - Attend all practice and meets ■ Improvement- Continuously improve workout results and race times. ■ Leadership- Help guide my teammates to team and personal goals. ■ Time: I would like to reach a time of : _____ ■ Team: I would like to run varsity. ■ Post Season: I want to _____.
This Week’s Race Plan	<p>Phase I: Getting out.....</p> <p>Phase 2: Race Pace....</p> <p>Phase 3: Strategy....</p> <p>Phase 4: Finish...</p>